

# NHLCA FEATURE DRILL

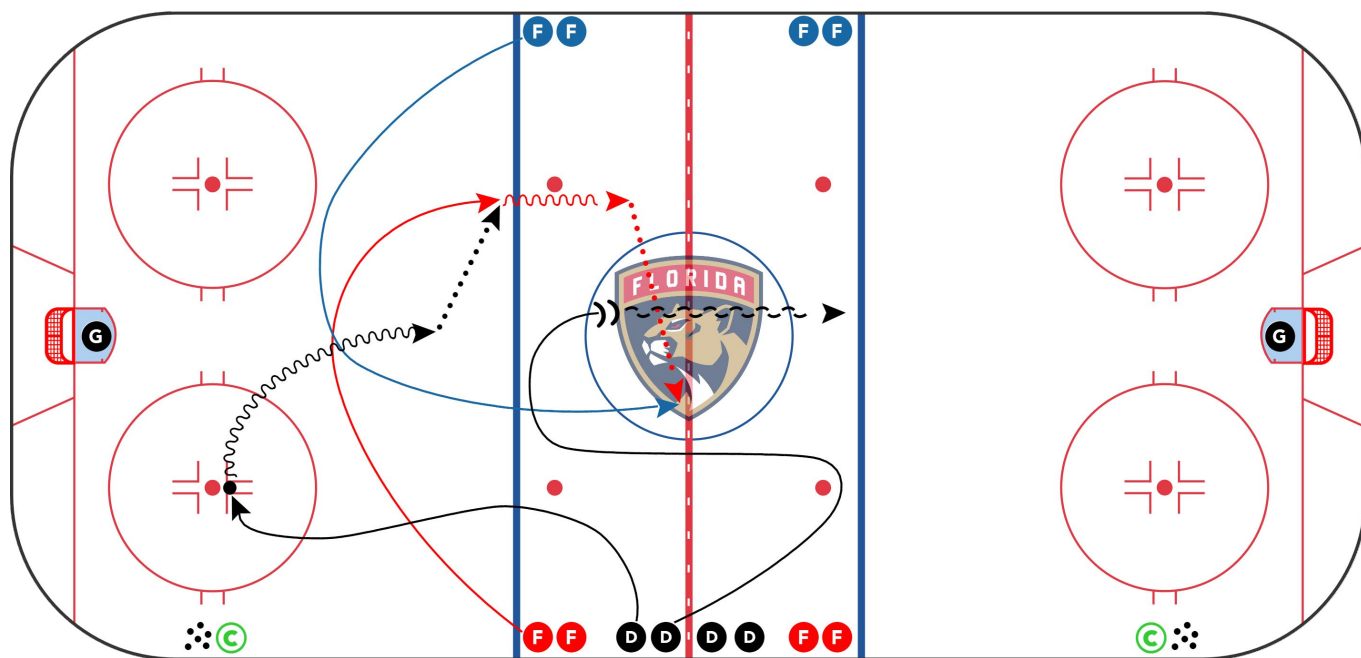
DECEMBER 15, 2024

## D POP OUT

**Category:** Neutral Zone Counter / Transition

**Team:** Florida Panthers

- Description:**
- **D** pop out 2 vs 1.
  - **D** goes hard back for spotted puck - pick puck and skate - forwards cross and built speed - attack Defence with speed 2 vs 1 - makes a play to the net.
  - **D** that passed puck follow up and now you are defending.
  - New **D** from neutral zone hard back to spotted puck, Skate - forward cross and build speed - attack with speed 2 vs 1.



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